

Alta Canyon "I Can Tri" Challenge

September 12th 2009

Adult Sprint Distance Triathlon (8:00 am)

400 meter pool swim

9 mile bike ride

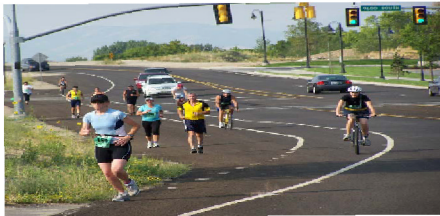
5 K run



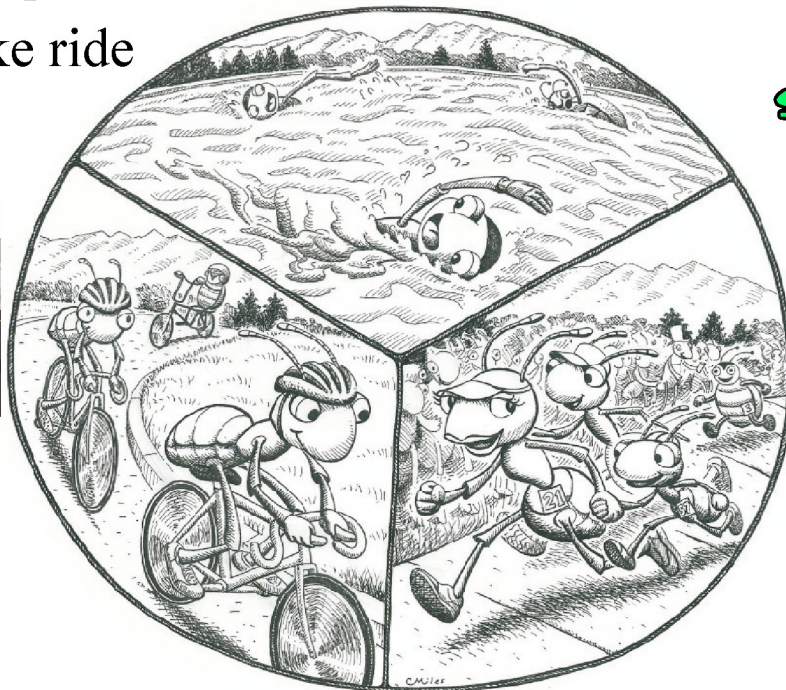
SWIM

\$45.00 for
non-member

\$42.00 for
member



RUN



BIKE

Youth swim/run event (11:00 am)

100 meter pool swim

2 K run



Call 801-568-4602 for more details

Register starting June 1st on-line at www.sandy.utah.gov
or at Alta Canyon Sports Center